

Emergency Medical Info on Your Cell Phone that an Emergency Room Doctor Would Need!

You can put on your cell phone much of the emergency medical information that an Emergency Room doctor would need.

Most cell phones have a feature that remembers phone numbers. This memory usually lists names of people in alphabetical order.

The ER doctor will look under "I" for "In Emergency" or "ICE"

So, put in a new phone number: 000-000-0000 with the name "In Emergency" or "ICE."

Open up the new listing with an "Edit" command to add emergency medical information.

Here's what may be in a detailed "In Emergency" listing:

- Your doctor's phone number
- Phone numbers of a person to contact in emergency (no full name)
- Emergency contact person's phone numbers: Home, Work, Cell
- Your medical condition(s)
- Current medications being taken: Name, size in mg, how often
- Allergies
- Your health insurance information: Company, ID number
- Medicare/Medicaid info (often this uses your Social Security number!)
- Permission for doctors, nurses, EMTs, etc. to take any action necessary if you're unconscious or unable to speak
- Do not include your full name, address, or Social Security Number

If needed, you can also put in similar information for a spouse or others. Same process applies. Name the listing "ICE in Mike's Emergency" using the person's first name.

After you put the Emergency Medical Info into your cell phone, be sure that your family and traveling companions know - just in case it's needed.

There is a conflict between having very detailed "ICE" emergency information on your cell phone AND having TOO MUCH personal information there if your phone were stolen or lost. You'll have to resolve this based on your health, safety, and privacy concerns!